

FREEDOM Tape 1 Page 1 Lift Off

.....(opening sounds).....

.....(surf).....

Move now into your preparatory process. Your Energy Conversion Box, use this. Then follow that with your resonant tuning. Next your Resonant Energy Balloon. Then state your affirmation beginning "I am more than my physical body". Then go on to Focus 10 and I will join you there.

chumming),

Now with a protective and floating energy balloon formed all around you, you are safe inside, floating inside. Now you can control this energy balloon because it is yours. You have created it. So it is your energy resonant balloon. Now you are going to learn how to let it float upward. Now you are going to learn how to let it float upward. The protective energy balloon floating upward. Let it float now, let it get lighter and lighter....more and more, slowly and easily

floating upward.....Now hold it right there, at the point where you are right now. Perceive and observe as you float at this point in your energy resonant balloon, safe and secure and calm. Observe now. Now let it descend slowly. Floating downward. Downward slowly back to where you began. Now you are back where you began. Hold it and relax in your protected floating energy balloon. Now again, let your resonant energy balloon start floating upward. Slowly, easily and comfortably. You feel safe and secure as the energy resonant balloon that you created floats upward more and more. Just a little bit more than you were before. A little bit more and a little bit higher.....Hold it. Now stop the energy balloon. Let it stay right where you are now. Right where you are now. Now observe and perceive this safe and comfortable position, where it is resting and floating right now.....

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Now let the energy balloon in which you rest and float, let it more downward let it descend slowly and easily back to where you started. More and more, more and more. Now it is back where you started. Relax and observe the flow around you in your energy resonant balloon. Now let your energy resonant balloon float slowly upward again and you are floating inside it, safe and secure. Let it float up more and more, slowly and slowly. Past where it was the past time, more and more. Now, let it stop its flowing upward right now. Let it float right where it is and perceive and observe in the safe and protected inside of your energy balloon. Perceive and observe outward. Perceive and observe.....Now start your energy balloon moving downward, slower and slower, back to where you began. Back to where you

started more and more. Now it is back where you started. Back where you started. Relax and observe the flow. The flow around you of your energy resonant balloon. Now you will let your resonant energy balloon move inward. Let it reabsorb itself into yourself, because it is yours. Let the energy that is this energy resonant balloon move inward now. Let it flow all back into you because it is you. Let it flow in more and more. More and more. Now your resonant energy balloon has all been absorbed back into you. Relax. Relax and feel calm and comfortable in Focus 10, in the 10 State.

When you return to the conscious physical waking state your body will be so equalized as to overcome all those things that might hinder or prevent it from being and giving its best mental spiritual and physical self. The body physical will create within the system those properties necessary to cause the eliminations to be so increased as to bring the best normal physical condition to the body. The mental ' , will so give that impression to the system as to build the best moral, mental and .physical forces for your body. The circulation will be so equalized as to remove

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strain from all centers of the nerve system as to allow the organs of the system to assimilate and secrete properly those conditions necessary for normal conditions of your body. The nerve supplies of the whole body will assume their normal forces. The vitality will be stored in them through the application of the physical being, as well as of the spiritual elements in the physical forces of the body. Perfectly normal, perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state. Perfectly normal, perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state.

You will return now to full physical waking reality. Do this by the method you have learned. Return now to full physical waking consciousness. Do it now.

.....(sounds).....

Freedom Tape 2 Page 1 REMOTE VIEWING

(FOCUS 10)

This is the exercise for your own development process designed by you. You should be hearing my voice in your right ear and the balancing tones will follow.

Remember the purpose, your purpose, for this exercise and begin your pre-preparation process now. First, your energy conversion box. Second, your resonant tuning. Third, your resonant energy balloon. Fourth, the affirmation beginning "I am more than my

physical body." And fifth, move* on to Focus 10, the 10 state.

Reach out now and locate your energy bar tool. Your energy bar tool that you have created. Reach out and move it close to you. Move it close to you and charge it. Charge it with fresh, new, vital energy Do this while I wait.

Now that your energy bar tool is charged and ready, charged and ready and close to you, you're going to change it now. You're going to make the bar into a tube and you can do this because this is your creation. Change it into a tube, a tube of energy. Do this now.

Now with your energy bar tool changed into a tube, place one end of this tube, this energy tube, close to your center of consciousness. Place one end close to your center of consciousness. Now move the other end, stretch it out, you can stretch it as far as you want simply because it is your creation and you can do with it what you s

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desire. Stretch, stretch, stretch it more and more until the other end of this tube is inside the white envelope that you remember. It is inside the white envelope that you remember. Now with the other end of the tube, the energy tube inside the white envelope and the near end very close to your center of consciousness, perceive through the tube and read the numbers. The numbers on the white card inside the envelope.

Let your perception move through the tube and into the envelope, into the white envelope, and read the numbers. There are six numbers. Read all six. Do this now. You will remember the six numbers. You will remember the six numbers, remember them clearly when you return to full physical waking consciousness.

Now move your energy bar tube back. Pull it back more and more until it resumes it's normal, normal size. Back more and more, pull it away from the envelope, more and more until now it is bah to it* normal, normal size. Move it away from your center of consciousness also and charge it more* and more. Charge it more and more. I will wait while you do this.

Now make your energy bar tool back into a solid bar again, a solid bar of energy and charge it still more. Still more with bright, bright white energy. Now with your energy bar tool charged and ready, charged and ready, remember the white cotton ball. Remember the white cotton ball. Think about the white cotton ball. Think about it so that it becomes very, very clear to you, very clear. Am now with the white cotton ball very, very clear in your mind, take

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your energy bar tool, fully charged, and press it tightly against this white cotton ball, tightly against it. find now as it is tightly pressed against the white cotton ball, let energy flow out of your energy bar tool so that it makes the white cotton ball lighter and lighter and lighter. Do this as I guide you.

Now energy on, flowing out of your energy bar tool and into the white cotton ball. Energy that makes the ball lighter, lighter. Keep the energy going making the white cotton ball become lighter and floating, lighter and floating. It is so light that it is floating upward as

you give it floating energy more and more. More and more. More and more. Let the white cotton ball get more energy more floating energy so that it float', upward more and more.

Now energy off. Cut the energy off and let the cotton ball fall back down more. Take this floating energy away and move your energy bar tool back close to you and charge it. Charge it strong, strong, strong with bright white energy. Now you will try it again, we will perform the function of sending lifting energy to the white cotton ball through the use of your energy bar tool. with your energy bar tool charged and ready move it up so that one end touches the white cotton ball. Now send lifting energy, send light floating energy into the white cotton ball so that it floats upward. Do this now. More and more, more floating energy. More energy that lets it float upward, lets the white cotton ball float upward more and more and more. More. More lifting, lifting energy, floating energy. Now cut off the energy. Cut off the energy and bring your energy

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bar tool back close to you. Take the energy out of the white cotton ball. Now bring your energy bar tool close to you and charge it. Charge it again with bright, white, strong energy. Do this now. Now with your energy bar tool again fully charged and ready, move one end of it out far, far, out to the white cotton ball. Out again to the white cotton ball. Now when I say start, send hot, heating energy through this bar and into the ball. when I say start you will send hot, heating energy through the bar and into the ball. we are ready now. Start. Send hot energy through the bar and into the ball. More? and more so that the ball becomes warmer, warmer as you give it more hot energy, warmer, hotter, hotter. Let the ball get hotter and hotter and hotter. So hot, so hot. So hot that it begins to smoke, that it begins to smoke and burn from the energy you are sending it.

Now cut off the energy. Cut it off. Cut it off and pull back your energy bar tool to it's normal size. Pull it back close to you and recharge it. Pull it back close to you and recharge your energy bar tool. No more energy is going into the white cotton ball. No more. You are charging, charging your energy bar tool again.

Now with your energy bar tool charged and ready again, change it back into a tube. Change it into a tube as before. Now it is a tube of energy, a tube of energy. Now place one end of this tube of energy, this tube of energy, place one end of it close to your center of consciousness. Now let it stretch. Let the whole energy tube stretch out, far, far out, out and away. Now let the other end move to the friend you remember, to the friend or person you remember.

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Let move out far and far' away from you. (Stretch the tube out until it reaches the place where this friend or person you know is at this moment.

Now with the energy tube stretched far, far away, the other end, the other and very very close to the friend or person you have selected, and the near end very, very close to your center of consciousness, perceive now. Perceive now as information flows from the other

end of the tube into your center of consciousness. It flows now. Perceive what that friend is doing. Perceive where that friend is located. Perceive what that friend is thinking. Let all of this flow through the tube and into your center of consciousness. Do this now.

You will remember what you perceive. You will remember clearly and cleanly what you perceive when you return to full physical waking consciousness. You will remember all details of what you perceive.

Now pull your energy tube back. Pull it back away from the person that you have been perceiving. Pull it back more and more, back to it's normal size. Back to it's normal size right in front of you. Now charge it. Charge it more and more with bright, white, strong energy. More and more. Charge it again with bright, white, strong energy.

Now with your energy tube charged and ready, charged and ready, stretch it out again so that the far end is again very, very close to the friend and person that you have contacted before. Let the near

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end be very, very close to your center of consciousness. Now let flow through the tube, let flow through this energy tube, the message of contact for the person you have selected. Let the message, the message, the mean-* of contact, flow through this energy tube, let it flow now out to the person that you have decided to contact. Do it now. Let the message be strong and clear and sharp. Strong and clear and sharp. Be sure that your contact is made through the tube from your point of consciousness, through the tube, all the way through this energy tube down to the person you have selected. Make this contact strong. Now pull your energy tube back. Pull it away from the person you have selected, the person you have contacted. Pull it back more and more until it is again it's normal size, it's normal size right in front of you. Now change the tube back into it's typical energy bar back into a bar. And now that it is back into a bar again, move it away from you. Put it in a place where you can find it again. Put it where you can find it again when you need it. Do this now.

Now relax and feel calm and comfortable, calm and comfortable in Focus 10, the I@ state. You will return now to full, physical waking consciousness by the method you have learned. By simply thinking of the number 1 in your mind. And when you do this you will become completely wide awake both physically and mentally, fully refreshed and filled with new vitality. Begin your return to full, physical waking consciousness. Begin it now...

Freedom Tape 3 Page 1 VECTORS - FOCUS 12

.....(opening sounds).....

.....(surf).....

Move now into your preparatory process. First, your Energy Conversion Box. Use this.

Then follow that with your Resonant Tuning. Next, your Resonant Energy Balloon. Then state your Affirmation beginning, "I am more than my physical body". Then go on to Focus 10 and I will join you there.

(humming - Resonant Tuning)

Now, with your Resonant Energy Balloon around you giving you protection and allowing you to float, you'll begin to move upward and you will still hear and act upon my voice, as you let your Resonant Energy Balloon which you can control, move upward, more and more. Let it go now. Floating upward, and you float with it. Safe and secure. Calm and serene. As you float upward - more, and more, and more.Let it float upward, upward now, to Focus 12, the State of Expanded

Awareness. Up to Focus 12.Now. Now you are floating in your Resonant Energy Balloon at Focus 12. Feel and perceive from the safety of your Resonant Energy Balloon, as you float in Focus 12, The State of Expanded Awareness where you perceive in all ways and in all directions.

Now I will guide you to help you perceive and remember. Upward. Perceive upward. Where the number 12 is. Number 12. Perceive and remember.

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Now move to your right. Move to your right. Move directly to your right. And observe where the Number 3 is. Observe Number 3.

Now perceive downward. Perceive downward. Where the number 6 is. Perceive through Number 6 and perceive downward. And remember what you perceive.

Now turn your perception to the left. To the Left. Where the number 9 is. Perceive through the number 9 and remember what you observe.

Now move your perception back up to Number 12 where you began.

Now move your perception forward. Where the number 3 is now forward. Move from 12 to 3» and as you move from 12 to 3 perceive as you go, down to the number 3. And stop at number 3. And perceive and observe and remember.

Now move your perception forward and down from 3 down below you to 6. And perceive and remember and stop at 6.

Now move your perception up and behind you to the number 9. Directly behind you. Move from 6 to 9 perceiving as you go, slowly. And when you _h the 9, stop and hold there and perceive.

Now, moving slowly, move from the 9 behind you back up to 12. Moving behind you from 9 up to 12. Perceiving and observing as you go.

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Now you are back at 12. Now as I guide you move back the way you came, around, around the numbers of the clock. Moving behind you now, slowly and easily back to 9. The 9 behind you. Now moving behind you and down, back to 6. And then moving from 6 upward. Up to the 3 in front of you. And then from the 3 up back to 12, where you began. Remain calm now, and relax at 12. And then back down into the center of your Resonant

Energy Balloon.

Now let your Resonant Energy Balloon with you inside of it, float downward. Descend downward. Back away from 12. Back down to Focus 12. Easily and calmly. It is moving downward now as you can control it. Down more, and more, and more. Now you are safe and secure in your Resonant Energy Balloon back in Focus 10. Back in Focus 10. Relax and observe. Observe the flow of energy around you, in your protective and floating Energy Balloon.

Now you will let your Resonant Energy Balloon move inward. Let it reabsorb itself into your self. Because it is yours. Let the energy that is this Resonant Energy Balloon move inward now. Let it all flow all back into you, because it is you. Let it flow in more, and more. More and more.....Now, your

Resonant Energy Balloon has all been absorbed back into you. Relax. Relax and feel calm and comfortable in Focus 10. In the 10 State.

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When you return to the conscious, physical waking state, your body will be so equalized as to overcome all those things that might hinder or prevent it from being and giving its best mental, spiritual and physical self. The body physical will create within the system those properties necessary to cause the eliminations to be so increased as to bring the best normal physical conditions to the body. The mental will so give that impression to the system as to build the best moral, mental and physical forces for your body. The circulation will be so equalized as to remove strain from all centers of the nerve system, as to allow the organs of the system to assimilate and secrete properly those conditions necessary for normal conditions of your body. The nerve supplies of the whole, body will assume their normal forces. The vitality will be stored in them through the application of the physical being as well as of the spiritual elements in the physical forces \ of the body. Perfectly normal, perfectly balanced and perfectly equalized.; will be the condition when you return to the physical waking state. Perfectly normal, perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state.

You will return now to full physical waking reality, both physically and mentally, and you will do this by the method you have learned, by saying the number 1 in your mind. Return now to full physical waking consciousness. Do it now.(sound).....

•Freedom Type 4 Page 1 FIVE QUESTIONS

Begin your preparation process, your preparation process. First, utilize your energy conversion box. Second, your resonant tuning. Third, build your energy resonant balloon. Fourth, state your affirmation beginning "I am more than my physical body". Fifth, move on to Focus 10, the Ten State and I will join' you there. Begin now. (humming)

Now from Focus 10 you will move to Focus 12 as I guide you, as I count from 10 to 12. I will count now. Ten.....eleven.....your awareness is expanding more and more far beyond the limits of your physical body. Your consciousness is expanding far, far beyond the limits of physical matter reality..... twelve. You are now in Focus 12, the State of Expanded Awareness. Relax and feel calm and comfortable in Focus 12. Say in your mind, say to yourself, "I am more than my physical body. Because I am more than physical matter I can perceive that which is greater than the physical world. Therefore, in these exercises, I deeply desire to expand, to experience, to know, to understand, to control, to use such greater energies and energy systems as may be beneficial and constructive to me and to those who follow me. Also during these exercises I deeply desire the help and cooperation,

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the assistance, the understanding, of those individuals whose wisdom, development and experience are equal or greater than my own. I ask their guidance and protection from any influence or any source that might provide me than less than my stated desires."

Say in your mind, and say into the farthest areas of your perception, «I open this channel of communication only to those whose knowledge, wisdom, development and experience, are equal or greater than my own. I restrict such contact and ' communication to a constructive purpose and reject all others. I open such channels only when I so consciously desire. At all other times it will remain closed.

You will now ask five questions into this expanded awareness of Focus 12. And ask for help in obtaining the answers. Here is the first question. Put it into the far reaches of your awareness. Ask the question: "Who am I? Who am I?" And wait for an answer. You will remember the answer you have received. You will remember clearly and understand it when you return to physical matter waking reality.

Now here is the second questions. Spread it into the far reaches of your expanded awareness and ask for an answer. And wait for an answer. Here is the question: Say, "Where and who was I before I entered this physical being?" Say, "Where and who was I before I entered this physical being?" Say it and wait for an answer. Ask help for an answer.

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You will remember the answer you have received. You will remember clearly and understand it when you return to physical matter waking reality,

Now here is the third question. Spread the question strongly into the far reaches of your expanded awareness and ask for an answer. Ask help for an answer. Ask the question: "What is my purpose for this existence in physical matter reality?" Ask the question: "What is my purpose for this existence in physical matter reality?"

You will remember the answer you have received when you return to full physical waking

consciousness. You will remember the answer you have received when you return to full physical waking consciousness.

Now here is the fourth question. The fourth question. Spread it into the far reaches of your expanded awareness and wait for an answer. And ask for help. Here is the question. "What action can I now take to best serve this purpose?" What action can I now take to best serve this purpose?"

You will remember the answer you have received when you return to full physical waking consciousness. You will understand the answer you have received when you return to full physical waking reality.

Now here is the fifth question. The fifth question. Place this question into the far reaches of your expanded awareness, in all directions, in all ways, and ask for help in receiving the answer. Here is the question:

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"What is the content of the most important message I can receive and understand at this point in my existence? What is the content of the most important message I can receive and understand at this point in my existence?"

You will understand and remember the answer you have received when you return to full physical waking consciousness. You will receive fully, in physical matter reality, when you are awake in physical matter reality, you will receive full understanding of the answer you have received.

You will move now from Focus 12 back to Focus 10 as I count from 12 back to 10. Twelve..... eleven.....Your awareness is moving inward, back more and more, back to your normal, normal perception in Focus 10.....ten.

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You are now back in Focus 10 where your mind is bright and awake and your body is calmly and comfortably asleep. Feel calm and comfortable in Focus 10, the Ten State.

You will return now to full physical waking consciousness by the method you have learned, by simply saying the number 1 in your mind. You will become completely wide awake both physically and mentally, fully refreshed and filled ' with new vitality. Begin your return to full physical waking consciousness, begin it now.

Freedom Tape 5 Page 1 ENERGY FOOD FOCUS

.....(opening sounds).....

.....(surf).....

Move now into your preparatory process. First, your Energy Conversion Box. Then follow that with your Resonant Tuning. Next, your Resonant Energy Balloon. Then state your Affirmation beginning "I am more than my physical body". Then go on to Focus 10 and I will join you there.

(humming - Resonant Tuning)

Now from Focus 10 you will move to Focus 12 as I guide you, as I count from 10 to 12. I am going to count now. 10.....11.....Your

awareness is expanding more and more, far beyond the limits of your physical body. Your consciousness is expanding far far beyond the limits of physical matter reality.twelve. You are now in

Focus 12, the State of Expanded Awareness. Relax and feel calm and secure and comfortable in Focus 12, the 12 State.

Now in Focus 12, you will learn a method by which you can directly receive fresh new energy for your total system, whenever and wherever you so desire. The more you consciously use this method, the less need or want you will have for physical matter foods, because you will receive, convert and store directly, the energy you need. The more you use this method, the more fresh, clean, vibrant energy you will have available in your physical, mental and emotional being.

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Reach back now, and focus your center of consciousness into the palms, into the palms of each hand, in the palms of each of your physical hands. Do this now.Now from the farthest areas

of your expanded awareness, from all areas of your expanded awareness, let pure white radiant energy flow into the palms of your hands, enter down into the palms of each hand, and then flowing up through your physical arms and spreading throughout your total self, refreshing, invigorating, satisfying. Let this happen. Let this white, radiant energy flow from the farthest reaches of your expanded awareness down into the palms of your physical hands, up through your physical arms, and into your total self. Refreshing, invigorating, satisfying all of your energy needs. Let this flow now. I will call you when it is time to close off the energy.....

Let the energy flow close down now. Let it close down, and move your center of consciousness away from the palms of your physical hands, and back into its normal, normal condition. Let your center of consciousness move away from the palms of your physical hands and back into its normal, normal position.. Relax now. Relax and feel refreshed and invigorated from the energy you have received,

From this moment forward, at any point in the future, whenever you consciously desire to receive, convert, and store this new, fresh energy, just as you have done right now, just as you have completed, whenever you desire to do this in the physical waking state, all you need do is close your physical eyes, extend your physical hands outward, palms up, and inhale deeply, and hold your breath

for a moment. In that moment, think of the radiant, white pure energy, focus from above and centering down upon the palms of your hands. Then flowing up through your anus and spreading throughout your total self. Refreshing, in-vigorating, and satisfying. When you exhale and open your eyes, you will feel refreshed and rejuvenated. You will no longer feel hunger for physical food because your need has been satisfied. The more you use this method of performing the energy receiving factor, the more strongly, the more rapidly, the more surely, your physical body will respond to this new kind of energy input, and the more effective this method will become in your conscious, waking state.

You will move now from Focus 12 back to Focus 10, as I count from 12 back to 10. 12.....11.....Your awareness is moving

inward, back more and more, back to your normal, normal perception, back to Focus 10.10. You are now back in Focus 10,

where your mind is bright and awake, and your body comfortably and calmly asleep. Relax and feel calm and comfortable in Focus 10. In the 10 State.....

You will return now to full, physical waking consciousness by the method you have learned. By simply thinking of the number one in your mind. And when you do this, you will become completely wide awake physically and mentally, fully refreshed and filled with new vitality. Begin your return to full physical waking consciousness, Begin it now.....

.....(sounds).....

Freedom Tape 6 Page 1 FIRST STAGE

SEPARATION FOCUS 12

..... (sounds)

.....(surf).....

Move now into your preparatory process. First, your Energy Conversion Box, use this. Then follow that with your Resonant Tuning. Next, your Resonant Energy Balloon. Then state your Affirmation, beginning "I am more than my physical body", then go on to Focus 10 and I will join you there.

..... humming.... Resonant Tuning.....

Now from Focus 10 you will move to Focus 12, as I guide you, as I count from 10 to 12I am going to count now,10.....11.....

.....Your awareness is expanding more and more, far

beyond the limits of your physical body. Your consciousness is expanding far, far beyond

the limits of physical matter reality.....

.....12. You are now in Focus 12, the State of Expanded Awareness.

Relax and feel calm and secure and comfortable in Focus 12, the 12 State.....

Say in your mind, say to yourself, I am more than my physical body. Because I am more than physical matter I can perceive that which is greater than the physical world.

Now you are going to practice and learn freedom of movement. Freedom of movement. So that you can move freely and fully whenever and wherever you so desire. Now visualize and imagine in your mind, turning and rolling over slowly. Rolling over slowly like a log. Floating and turning and rolling slowly in water.

Begin now. Imagine and visualize in your mind, turning over very slowly. Rolling over very slowly. Slowly....You are beginning to turn now. Slowly

.....more and more.....more and more. Turning over easily.....slowly

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.....(voice so soft can't hear what is being said).....

Rolling slowly, like a log floating in water.....rolling over.....Now you are almost back, rolling around to the point where you began. More, more, more. Now slow down and stop your rolling, your rolling over, at exactly, exactly, exactly where you began. Stop now..... .Now you are back exactly where you began.

Now visualize and imagine in your mind as if you are a long, stiff and straight pole, and you will be lifted on one end, at the end which is the back of your head. And you will be lifted out to a standing position. Begin now. Imagine and visualize. Visualize yourself as a long straight stiff pole. Lying down flat. Now visualize as your head, the end that is you with your head, begins to lift upward, moving slowly. You are swinging upward and feel lifted at one end, slowly, up and up, you are being tilted upward. Up to an upright position. Up to an upright position. Slowly, slowly, now you are fully upright. Fully upright..... Now visualize and imagine you are moving backward. Tilting back downward as the long straight pole. Moving backward in the direction you were. Moving backward into the f. position. Down, down, down....slowly and easily, back to the flat position. Down more, more.....now you have returned to the place where you started. And you relax, you are no longer the long straight pole. You are no longer the straight, long, stiff pole. You are relaxed and comfortable breathing easily and deeply.....

Now you visualize and imagine that you are backing away from where you are right now. That you are slowly and easily backing away from where you are right now. Begin now.....visualize and imagine you are moving slowly and easily and comfortable back away from where you are right now. Moving back...back. Moving back.

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Slowly more and more. Moving back. Back and away from where you are right now. Back more and more. And now you are so far back that you can see the back of your head. And you can see the back of your physical body. And you still float and move backwards. More and more. Slowly. A little bit at a time. Now, you stop moving back and wait and feel exactly where you are now. Imagine and feel exactly where you are now.

Now begin your return to where you were when you started. Moving forward. Moving forward slowly, easily and comfortably. More and more. More and more. And now you can no longer see the back of your head and the back of your physical body, because you are too close. More and more. More and more forward. Forward slowly and easily. . And now you are almost back where you started. Now. Now you are back where you began. You have gone forward. You are exactly where you began. Relax and breathe easily and comfortably. Breathe easily and comfortably, as you relax more deeply than ever before.

Now visualize and imagine in your mind, imagine flowing, as if there were a large opening in the top of your head and you can flow outward. Flow easily, as if you were a cloud. A cloud flowing outward. Flowing outward, easily and smoothly from the top of your head. Begin now. Imagine and visualize in your mind that you are like a cloud of gas flowing smoothly and evenly out from the top of your head. Flowing outward. Flowing straight out. Slipping out. Flowing outward more and more until you feel free. Until you feel free because you have flowed. You have flowed outward easily, comfortably and calmly. More and more. More and more. And now you have flowed outward so much that you look back and you can see the top of

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your head from where you have flowed. Now stop your flow and wait there, where you are, and observe where you are.....

Now you will begin to flow back. Start floating back now. Back through the top of your head. Imagine and visualize yourself flowing back now. Flowing back into the top of your head easily and smoothly and calmly. Flowing back easily 1^ and smoothly and calmly. Back through the Cop of your head. And now you can no longer see the top of your head because you are so close. And now you are back through - slipping and floating and flowing through. Back through the Cop of your head. And now you are moving back almost to where you were when you started. Almost to where you were when you started. Now, now you have returned to exactly where you started and stop your flow there. Right exactly to the, place, the way, the being where you started. Stop the flow exactly where you started now. Relax. Feel comfortable and calm. Feel comfortable and calm - deeply, deeply relaxed.

Now you will visualize and imagine in your mind the feeling of floating, of floating upward. The feeling of floating upward. Up and away from where you are right now. Begin. Begin now to imagine and feel floating. Floating slowly and easily and calmly upward. Moving up slowly and comfortably. Moving up more and more.

And how nice it feels. How nice it feels to float. Float upward like a cloud. Like a warm, soft, comfortable cloud. Floating up more and more. More and more. Imagine yourself

floating upward. Slowly, comfortably. More and more. Now you have floating so high that you can look down, you can look down and see your physical body. You can see your physical body. You can observe it, as you look down. Stop your floating upward now, and hover exactly where you are. Hover exactly where you are. Imagine floating and hovering exactly where you are, looking down from where you came. Looking

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down where your physical body is located.

Now you will float downward, slowly and easily and comfortably. Imagine and visualize yourself floating downward. Easily and slowly down to where you were when you started. More and more. Floating downward calmly and serenely and comfortable. Down where you started. More and more. More and more downward. Now you can no longer see your physical body because you are so close to it. Now you move closer and you are almost back to where you started. Now. Now you are back to where you started. And you need float no longer. Stop right there, right where you began. Right where you began. Now relax. Breathe easily and deeply. Relax and feel calm and comfortable back where you started. Back where you started. Calm and comfortable,

You will move now back from Focus 12 to Focus 10, as I count from 12 back to 10. 12..... 11.....Your awareness is moving inward, back more and more, back, to your normal, normal perception for Focus 10.

10. You are now back in Focus 10 where your mind is bright and awake and your body comfortable and calmly asleep. Relax and feel calm and comfortable in Focus 10, in the 10 State.

When you return to the conscious physical waking state your body will be so equalized as to overcome all those things that might hinder or prevent it from being and giving its best mental, spiritual and physical self. The body physical will create within the system those properties necessary to cause the eliminations to be so increased as to bring the best normal physical conditions to the body. The mental will so give that impression to the system as to build the best moral, mental and physical forces for your body. The circulation will be so equalized ^ as to remove strain from all

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centers of the nerve system, as to allow the organs of the system to assimilate and secrete properly those conditions necessary for normal conditions of your body. the nerve supplies of the whole body will assume their normal forces. The vitality will be stored in them through the application of the physical being as well as of the spiritual elements in the physical forces of the body. Perfectly normal, perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state. Perfectly normal, perfectly balanced and perfectly equalized will be the condition when you return to the physical waking state.

You will return now to full physical waking reality both physically and mentally and you will do this by the method you have learned by saying the number 1 in your /

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mind. Return now to fu; physical waking consciousness. Do it now.
(sounds).....